

# 22/23 FOX Short Course Practice Schedule-Starting 11/28/22

This is an updated practice schedule during the boys high school season. The locations and "flow" have remained the same, but sometime may have changed slightly. Weekly practice schedules may change due to specifics of the high school programs. There will also be specific practice schedules for both Thanksgiving and Winter Break.

| Group            | 8UC  |    | 8UB        |    | 8UA        |    |
|------------------|--|----|------------|----|------------|----|
| <b>Monday</b>    | 5:40-6:30p   | NV | 6:30-7:20p | NV | 7:20-8:20p | NV |
| <b>Tuesday</b>   | 5:40-6:30p   | NV | 6:30-7:20p | NV | 7:20-8:20p | NV |
| <b>Wednesday</b> | 5:40-6:30p   | NV | 6:30-7:20p | NV | 7:20-8:20p | NV |
| <b>Thursday</b>  | 5:40-6:30p   | NV | 6:30-7:20p | NV | 7:20-8:20p | NV |
| <b>Friday</b>    | 6:20-7:50p WV Large Pool (30 min dryland to start) |    |            |    |            |    |

|                  | TDG 9/10   |    | TDG 10/12 (older 10's) |    | TDG 12&O (older 12's) |    |
|------------------|------------|----|------------------------|----|-----------------------|----|
| <b>Monday</b>    | 5:40-6:40p | WV | 6:40-7:40p             | WV | 7:40-8:40p            | WV |
| <b>Tuesday</b>   | 5:40-6:40p | WV | 6:40-7:40p             | WV | 7:40-8:40p            | WV |
| <b>Wednesday</b> | 5:40-6:40p | WV | 6:40-7:40p             | WV | 7:40-8:40p            | WV |
| <b>Thursday</b>  | 5:40-6:40p | WV | 6:40-7:40p             | WV | 7:40-8:40p            | WV |

|                  | 9/10           |             |             |  |
|------------------|----------------|-------------|-------------|--|
|                  | <i>Dryland</i> | <i>Swim</i> | <i>Pool</i> |  |
| <b>Monday</b>    | 4:35-5:05      | 5:05-6:35p  | WV          | <b>Facilities</b><br>Neuqua Valley (NV) 2360 95th Street, Naperville<br>Waubonsie Valley (WV) 2590 Ogden Avenue, Aurora<br>Fry Family Y (Fry Y) 2120 95th Street, Naperville |
| <b>Tuesday</b>   |                | 7:35-9:05p  | NV          |  |
| <b>Wednesday</b> | 7:05-7:35      | 7:35-9:05p  | NV          |  |
| <b>Thursday</b>  | 4:35-5:05      | 5:05-6:35p  | WV          |  |
| <b>Friday</b>    |                |             |             |  |
| <b>Saturday</b>  |                | Variable    | Variable    |  |

| Group            | 11/12 Black    |              |             | Group            | 11/12 Gold     |              |             |
|------------------|----------------|--------------|-------------|------------------|----------------|--------------|-------------|
|                  | <i>Dryland</i> | <i>Swim</i>  | <i>Pool</i> |                  | <i>Dryland</i> | <i>Swim</i>  | <i>Pool</i> |
| <b>Monday</b>    | 5:05-5:35 PM   | 5:35-7:10 PM | NV          | <b>Monday</b>    | 6:30-7:00 PM   | 7:10-8:45 PM | Fry Y       |
| <b>Tuesday</b>   | 6:25-6:55 PM   | 6:55-8:30 PM | WV          | <b>Tuesday</b>   | 6:30-7:00 PM   | 7:10-8:45 PM | Fry Y       |
| <b>Wednesday</b> | 4:35-5:05 PM   | 5:05-6:40 PM | WV          | <b>Wednesday</b> | 6:30-7:00 PM   | 7:10-8:45 PM | Fry Y       |
| <b>Thursday</b>  | 6:40-7:10 PM   | 7:10-8:25 PM | NV          | <b>Thursday</b>  | 6:30-7:00 PM   | 7:10-8:45 PM | Fry Y       |
| <b>Friday</b>    | 5:50-5:20 PM   | 5:20-6:40 PM | NV          | <b>Friday</b>    | 5:50-5:20 PM   | 5:20-6:40 PM | NV          |
| <b>Saturday</b>  |                | Variable     | Variable    | <b>Saturday</b>  |                | Variable     | Variable    |

| Group               | 13/14          |              |             | Senior         |                |             |
|---------------------|----------------|--------------|-------------|----------------|----------------|-------------|
|                     | <i>Dryland</i> | <i>Swim</i>  | <i>Pool</i> | <i>Dryland</i> | <i>Swim</i>    | <i>Pool</i> |
| <b>Monday AM</b>    |                |              |             |                | *5:15-6:45 AM  | NV          |
| <b>Monday</b>       | 6:25-7:10      | 7:10-9:00 PM | NV          | 5:50-6:35 PM   | 6:35-8:35 PM   | WV          |
| <b>Tuesday</b>      | 4:20-5:05      | 5:05-6:55 PM | WV          | 4:50-5:35 PM   | 5:35-7:35 PM   | NV          |
| <b>Wednesday AM</b> |                |              |             |                | *5:15-6:45 AM  | NV          |
| <b>Wednesday</b>    | 5:55-6:40      | 6:40-8:30 PM | WV          | 4:50-5:35 PM   | 5:35-7:35 PM   | NV          |
| <b>Thursday</b>     | 4:35-7:10      | 5:20-7:10 PM | NV          | 5:50-6:35 PM   | 6:35-8:35 PM   | WV          |
| <b>Friday</b>       | 5:55-6:40      | 6:40-8:15 PM | NV          | 4:20-5:05 PM   | 5:05-6:50 PM   | WV          |
| <b>Saturday</b>     |                | Variable     | Variable    |                | 10:00-12:15 PM | WV          |

\*All mornings at NV due to HS boys schedule